What is claimed is:

1. A method for massaging the body of a patient, who is resting on an upper surface portion of a platform, wherein the upper surface portion comprises a first end and a second end, the method comprising a step of moving a pressure applying member between the first end to the second end for a predetermined longitudinal stroke,

wherein the step of moving the pressure applying member comprises:

a) moving the pressure applying member forward from the first end to the second end;

b) moving the pressure applying member backward from the second end to the first end;

c) repeating the forward moving step and the backward moving step;

wherein the movement of the pressure applying member follows a predetermined height curve in a plane defined by a first axis that is parallel to the upper surface portion and longitudinal to the platform and a second axis that is perpendicular to the first axis and to the upper surface portion, and

wherein the first axis coordinate of the height curve is defined by a first function of time, and the second

axis coordinate of the height curve is defined by a second function of the first axis coordinate.

2. The method of claim 1 wherein the height curve follows the backside contour of the patient.

3. The method of claim 2 wherein the height curve comprises a plurality of square curves at predetermined first axis coordinates.

4. The method of claim 3 wherein the movement of the pressure applying member along each of the square curves is repeated for a predetermined number of times.

5. The method of claim 3 wherein the starting point of each of the square waves shifts for a predetermined distance along the first axis.

6. The method of claim 2 wherein the height curve includes a plurality of convex portions at predetermined first axis coordinates.

7. The method of claim 6 wherein the movement of the

pressure applying member along each of the convex portions is repeated for a predetermined number of times.

8. The method of claim 6 wherein the starting point of each of the convex portions shifts for a predetermined distance along the first axis.

9. The method of claim 2 wherein the height curve comprises a plurality of square curves and a plurality of convex portions at predetermined first axis coordinates.

10. The method of claim 2 wherein the height curve is divided into a plurality of discrete sections, and the pressure applying member applies pressure to the patient for selected discrete sections.

11. The method of claim 2 wherein the second axis coordinate of the height curve has a constant value, wherein the constant value is sufficiently small so that the pressure applying member does not apply pressure to the patient.

12. The method of claim 2 wherein during the step of moving the pressure applying member, the movement of the pressure applying member in the second axis direction is stopped when the pressure applied by the pressure applying member reaches a massage pressure threshold.

13. The method of claim 12 wherein the massage pressure threshold is adjustable.

14. The method of claim 2 wherein the reference point of the second axis coordinate of the height curve is adjustable whereby the pressure applied by the pressure applying member is adjustable.

15. The method of claim 1 wherein the longitudinal stroke is adjustable for a different height of the patient.

16. The method of claim 15 wherein the height curve is adjusted proportional to the longitudinal stroke.

17. The method of claim 1 wherein the platform makes an angle with a horizontal surface, and the angle is adjustable.

18. The method of claim 1 further comprising a step of measuring body contour before the step of moving the pressure applying member along the height curve, wherein the measuring step comprises measuring the second axis coordinate of the pressure applying member while the pressure applying member is moved along the first axis at a constant speed, wherein during the measuring step, the pressure applying member is moved toward the patient in the direction of the second axis until the pressure applied on the patient by the pressure applying member reaches a threshold.

19. The method of claim 18 wherein in the measuring step, a curve formed by the measured second axis coordinates and the corresponding first axis coordinates is memorized.

20. The method of claim 19 wherein in the moving step, the height curve includes the memorized curve.

21. The method of claim 18 wherein the patient can adjust the threshold in the measuring step.

22. The method of claim 1 wherein the pressure applying member has a heating member, wherein the temperature of the heating member is controlled as a third function of the first axis coordinate in the moving step.

23. The method of claim 1 wherein during the step of moving the pressure applying member, the movement of the pressure applying member follows a predetermined width curve in a plane defined by the second axis and a third axis that is perpendicular to the first axis and the second axis, and wherein the third axis coordinate of the predetermined width curve is defined by a fourth function of the first axis coordinate.

24. The method of claim 23 wherein the pressure applying member comprises one or more movable massage bumps that protrude toward the patient, and the movement of the massage bumps follow the predetermined width curve.

25. The method of claim 24 wherein the pressure applying member further comprises one or more fixed massage bumps.

26. The method of claim 24 wherein the width curve is a sine wave.

27. The method of claim 24 wherein the width curve has a shape of a two-dimensional coil.

28. The method of claim 24 wherein the maximum width of the width curve is adjustable.

29. The method of claim 24 wherein the massage bumps are positioned symmetrical to the center of the pressure applying member, wherein the movement of the massage bumps forms two width curves that are parallel to each other.

30. The method of claim 29 wherein the width curves are sine waves.

31. The method of claim 29 wherein the width curves have a shape of a two-dimensional coil.

32. The method of claim 24 wherein the movement of the massage bumps follow the same width curve.

33. The method of claim 24 wherein the width curves followed by two longitudinally adjacent massage bumps among the massage bumps are spaced by the distance between the two longitudinally adjacent massage bumps.

34. The method of claim 24 wherein body contour of the patient is measured by measuring the second axis coordinate of the pressure applying member while the pressure applying member is moved along the third axis at a constant speed at a given first axis coordinate, wherein the pressure applying member is moved toward the patient in the direction of the second axis until the pressure applied on the patient by the pressure applying member reaches a threshold.

35. The method of claim 34 wherein a curve formed by the measured second axis coordinates and the corresponding third axis coordinates is memorized.

36. The method of claim 23 wherein the height curve and the width curve form a massage surface which the pressure applying member follows.

37. The method of claim 23 wherein the width curve follows the body contour of the patient.

38. The method of claim 1 wherein the height curve is the curve following the backside contour of the patient for initial predetermined number of cycles of the forward and backward moving steps, and then the height curve includes acupressure sections.

39. The method of claim 38 wherein the acupressure sections include linear acupressure movement, or convex acupressure movement or both.

40. The method of claim 39 wherein the patient can add or remove acupressure sections along the first axis.

41. An apparatus for massaging the body of a patient, who is resting on a upper surface portion of a platform, wherein the upper surface portion comprises a first end and a second end, the apparatus comprising:

a) a pressure applying member that is movable between the first end and the second end for a predetermined longitudinal stroke along a first axis that is parallel to the upper surface

portion and longitudinal to the platform and a second axis that is perpendicular to the first axis and to the upper surface portion;

b) a first axis controller that controls movement of the pressure applying member along the first axis; and

c) a second axis controller that controls movement of the pressure applying member along the second axis;

wherein the movement of the pressure applying member follows a predetermined height curve in a plane defined by the first axis and the second axis, wherein the first axis coordinate of the height curve is defined by a first function of time, and the second axis coordinate of the height curve is defined by a second function of the first axis coordinate.

42. The apparatus of claim 41 further comprising a microprocessor that is connected to the first axis controller and the second axis controller, wherein the microprocessor stores a plurality of height curves, and wherein the first axis controller and the second axis controller control the movement of the pressure applying member following the height curve selected by

the patient.

43. The apparatus of claim 42 wherein the first axis controller comprises a first axis actuator and a first axis displacement sensor, wherein the first axis actuator moves the pressure applying member along the first axis, and the first axis displacement sensor measures the displacement of the pressure applying member along the first axis, wherein the second axis controller comprises a second axis actuator and a second axis displacement sensor, wherein the second axis actuator moves the pressure applying member along the second axis, and the second axis displacement sensor measures the displacement of the pressure applying member along the second axis.

44. The apparatus of claim 42 wherein the second axis controller comprises a pressure sensor, wherein the pressure sensor measures the pressure applied to the patient by the pressure applying member.

45. The apparatus of claim 44 wherein during the movement of the pressure applying member, the movement of the pressure applying member in the second axis direction

is stopped when the pressure applied by the pressure applying member reaches a massage pressure threshold.

46. The apparatus of claim 45 wherein the massage pressure threshold is adjustable.

47. The apparatus of claim 44 wherein body contour of the patient is measured by measuring the second axis coordinate of the pressure applying member while the pressure applying member is moved along the first axis at a constant speed, wherein the pressure applying member is moved toward the patient in the direction of the second axis until the pressure applied on the patient by the pressure applying member reaches a threshold.

48. The apparatus of claim 47 wherein a curve formed by the measured second axis coordinates and the corresponding first axis coordinates is memorized in the microprocessor.

49. The apparatus of claim 42 wherein the height curve follows the backside contour of the patient.

50. The apparatus of claim 42 wherein the height curve comprises a plurality of square curves at predetermined first axis coordinates.

51. The apparatus of claim 50 wherein the movement along each of the square curves is repeated for a predetermined number of times.

52. The apparatus of claim 50 wherein starting point of each of the square waves shifts along the first axis.

53. The apparatus of claim 42 wherein the height curve includes a plurality of convex portions at predetermined first axis coordinates.

54. The apparatus of claim 43 wherein the movement along each of the convex portions is repeated for a predetermined number of times.

55. The apparatus of claim 43 wherein starting point of each of the convex portions shifts along the first axis.

56. The apparatus of claim 42 wherein the height curve

comprises a plurality of square curves and a plurality of convex portions at predetermined first axis coordinates.

57. The apparatus of claim 42 wherein the height curve is divided into a plurality of discrete sections, and the pressure applying member applies pressure to the patient for selected discrete sections.

58. The apparatus of claim 42 wherein the second axis coordinate of the height curve has a constant value, wherein the constant value is sufficiently small so that the pressure applying member does not apply pressure to the patient.

59. The apparatus of claim 42 wherein the reference point of the second axis coordinate of the height curve is adjustable whereby the pressure applied by the pressure applying member is adjustable.

60. The apparatus of claim 42 wherein the predetermined longitudinal stroke is adjustable for a different height of the patient.

61. The apparatus of claim 60 wherein the height curve is adjusted proportional to the longitudinal stroke.

62. The apparatus of claim 42 wherein the platform comprises an upper platform and a lower platform, wherein the upper platform supports the upper body of the patient, and the lower platform supports the lower body of the patient.

63. The apparatus of claim 62 wherein the upper platform makes an angle with a horizontal surface, and the angle is adjustable.

64. The apparatus of claim 42 wherein the pressure applying member comprises a heating member, wherein the temperature of the heating member is controlled as a third function of the first axis coordinate in the moving step.

65. The apparatus of claim 42 further comprising a third axis controller that controls movement of the pressure applying member along a third axis, wherein the third axis is perpendicular to the first axis and the second axis, wherein the movement of the pressure applying

member follows a predetermined width curve in a plane defined by the second axis and the third axis, wherein the third axis coordinate of the width curve is defined by a fifth function of the first axis coordinate.

66. The apparatus of claim 65 wherein the microprocessor is connected to the third axis controller, wherein the microprocessor stores a plurality of width curves, and wherein the first axis controller and the third axis controller control the movement of the pressure applying member following the width curve selected by the patient.

67. The apparatus of claim 65 wherein the third axis controller comprises a third axis actuator and a third axis displacement sensor, wherein the third axis actuator moves the pressure applying member along the third axis, and the third axis displacement sensor measures the displacement of the pressure applying member along the third axis.

68. The apparatus of claim 67 wherein the third axis controller further comprises a temperature sensor,

wherein the temperature sensor measures the temperature of the pressure applying member.

69. The apparatus of claim 65 wherein the width curve is a sine wave.

70. The apparatus of claim 65 wherein the width curve has a shape of a two-dimensional coil.

71. The apparatus of claim 65 wherein the maximum width of the width curve is adjustable.

72. The apparatus of claim 65 wherein the pressure applying member comprises one or more movable massage bumps that protrude toward the patient, and the movement of the massage bumps follow the predetermined width curve.

73. The apparatus of claim 72 wherein the pressure applying member further comprises one or more fixed massage bumps.

74. The apparatus of claim 72 wherein the massage bumps are positioned symmetrical to the center of the

pressure applying member, wherein the movement of the massage bumps forms two width curves that are parallel to each other.

75. The apparatus of claim 72 wherein the movement of the massage bumps follow the same width curve.

76. The apparatus of claim 72 wherein the width curves followed by two longitudinally adjacent massage bumps among the massage bumps are spaced by the distance between the two longitudinally adjacent massage bumps.

77. The apparatus of claim 72 wherein the movable massage bumps are wheels.

78. The apparatus of claim 72 wherein the movable massage bumps are spheres.

79. The apparatus of claim 72 wherein the height curve and the width curve form a massage surface which the pressure applying member follows.

80. The apparatus of claim 75 wherein the width curve follows the body contour of the patient.

81. The apparatus of claim 75 wherein body contour of the patient is measured by measuring the second axis coordinate of the pressure applying member while the pressure applying member is moved along the third axis at a constant speed at a given first axis coordinate, wherein the pressure applying member is moved toward the patient in the direction of the second axis until the pressure applied on the patient by the pressure applying member reaches a threshold.

82. The apparatus of claim 71 wherein a curve formed by the measured second axis coordinates and the corresponding third axis coordinates is memorized in the microprocessor.

83. The apparatus of claim 65 wherein a remote controller is connected to the microprocessor.